Abstract

Title: The Level of Physical Activity and Physical Fitness at Elementary School-Age Children

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Objectives: To determine and compare the level of physical activity, physical fitness and the amount of subcutaneous fat at younger school children. Furthermore, the next goal is to find out the correlation between them.

Methods: The research group consists of 3rd, 4th and 5th grade pupils (n=77). The Unifittest (6-60) was applied to deduce the level of physical fitness, the TGMD-2 test was employed to find out the level of physical activity. In addition, somatic measurements, which are integral to the Unifittest (6-60), were utilized to discover the amount of subcutaneous fat.

Results: 32% of children showed average results in the complex physical fitness due to test standard. The same percentage of children (34%) was above and below the average standard as well. 79% of children presented imbalanced performances in particular tests. The best results were seen in sit-up test on the contrary, the worst results were given in endurance shuttle run. The level of subcutaneous fat was above-average at 50% of children,. The results of physical activity level uncovered the below-average performances at the research group -70% of the children. They also achieved better results in locomotor skills than in manipulative. In the field of statistics, a very closed associational relations appeared between the physical activity level and physical fitness level ($p < 0,01$; $r = 0,67$). The same phenomenon was manifested in correlation of the level of physical fitness and the amount of subcutaneous fat ($p < 0,01$; $r = -0,72$) and also in the interrelation between the level of physical activity and the amount of subcutaneous fat ($p < 0,05$; $r = -0,35$).

Keywords: physical fitness, physical activity, elementary school age, TGMD-2, Unifittest (6-60)